



**Public Health**  
Prevent. Promote. Protect.

**Fargo Cass Public Health**

# Community Health Improvement Plan 2016-2020

## Table of Contents

Assessment Process	3
Community Partners	3
Community Prioritization Process	4
Plans to Address Priority Areas	7
Childhood Overweight and Obesity	7
Substance Use and Abuse	10
Opioid use and abuse	10
Alcohol use and abuse	11
Monitoring and Evaluation	12
Community Resources	13

## **2015/16 Assessment Process**

A modified MAPP process was utilized during the Community Health Assessment (CHA) and Community Health Improvement Plan (CHIP). This process provided a roadmap and point of reference for our community throughout the CHA and CHIP.

The steps utilized in the CHA process included:

- Collection and analysis of primary community data
- Analysis of secondary data
- Key stakeholders meeting to review data, brainstormed for opportunities and solutions

The CHIP process builds on the above steps as well as:

- Collaborative group meetings to review data, identify priority issues
- Development of goals and objectives for priority areas
- Implementation of action steps
- Ongoing evaluation

## **Community Partners**

Many thanks and sincere appreciation to the following Fargo-Moorhead Community Health Needs Assessment Collaborative Members.

Center for Rural Health, University of North Dakota

Center for Social Research, North Dakota State University

Clay County Health Department, Clay County, MN

Dakota Medical Foundation

Essentia Health

Family HealthCare

Fargo Cass Public Health

North Dakota Department of Health

MPH program, North Dakota State University

South East Human Services

Sanford Health

United Way of Cass-Clay

## **Collaborative group meetings to review data, identify priority issues**

As part of the Community Health Assessment process, residents in Cass County, North Dakota and Clay County, Minnesota completed a generalizable survey in March 2015. The survey was developed in partnership with members of the Fargo-Moorhead Community Health Needs Assessment collaborative (CHNA) and the Center for Social Research (CSR) at North Dakota State University (NDSU). The results from the survey, along with secondary data, was shared at a community stakeholder meeting on July 15, 2015. Discussion at this meeting and feedback from the participants, as well as a multi-voting technique by community partners identified the top three areas of concern as obesity, substance use and abuse, and behavioral health.

A smaller group of the initial assessment team was committed to continue to meet to work on the development of a Community Health Improvement Plan and implementation process. On November 12, 2015, this group along with regional partners met. The initial intent of this meeting was to develop a Regional Community Health Improvement Plan with goals and objectives that the entire South East North Dakota Public Health Collaborative would work on together. After much discussion, it was determined that each county needed to develop their own individual Community Health Plan. This planning meeting was facilitated by the Center for Rural Health at the University of North Dakota. Locally, this smaller group consisted of staff from:

- Fargo Cass Public Health
- Sanford Health
- Essential Health
- Clay County Public Health

During this session, participants reviewed data collected through the Community Health Assessment, including survey results and secondary data. The purpose of the meeting was to begin to identify elements of a work plan for each priority area. There was significant discussion regarding mental health as this was identified on our community survey and by secondary data as being a concern to many. Our community has an active

collaboration regarding mental health, ReThink Mental Health. This collaboration was initiated in part due to the community health improvement process in 2013. ReThink Mental Health is a Cass-Clay Collaborative with work groups focusing on: Mental Well-being, Prevention and Early Intervention, Treatment and Crisis, and Recovery Supports. This collaboration has received funding through Bush Foundation Community Innovations grant and is housed at Clay County Public Health, Moorhead, MN. Because of the established program, and intact infrastructure, it was determined that mental health would not be a focus area included within the current community health improvement plan.

**At this meeting, it was determined that the focus of our efforts for the CHIP would be on two issues:**

- **childhood obesity**
- **substance use and abuse**



## Plans to Address Community Health Priority Areas

CHILDHOOD OVERWEIGHT AND OBESITY	
<p><b>Background:</b> Overweight and obesity is an issue throughout Cass County for our youth. In an effort to address childhood overweight and obesity in our community, CassClayAlive! (CCA) was formed in 2009. This initiative has over 40 partners working to implement evidenced based strategies to combat childhood obesity. Fargo Cass Public Health has been an active partner in this collaboration since its development. See list of collaborating partners on page 9. The mission of CassClayAlive! is to transform the food and fitness environment in schools, childcare, and the community to help children establish physical activity and healthy eating habits for a lifetime.</p>	
<p><b>Alignment with National and State Priorities</b></p> <ul style="list-style-type: none"> <li>National: Healthy People 2020, Weight Status: NWS-10 Reduce the proportion of children and adolescents who are considered obese.</li> <li>State: 2016-2021 North Dakota Department of Health Strategic Priority: Promote healthy weight for all North Dakotans. North Dakota Maternal and Child Health Priority Area: reduce overweight and obesity in children.</li> </ul>	
<p><b>Goal:</b> Reduce the rate of childhood overweight and obesity.</p>	
<p><b>Objective 1:</b> By 2021, reduce the rate of overweight/obesity by 5% in Cass County children</p>	
<p><b>Performance Measures:</b> Percent of children with BMI over 25 as reported by Sanford well child visits</p>	
<p><b>Baseline:</b> 2-5 year olds: 24.8% females, 25.8% males 6-11 year olds: 31% females, 35% males</p>	
<p><b>Target Goal:</b> 2-5 year olds: 19.8% females, 20.8% males 6-11 year olds: 26% females, 30% males</p>	
<p><b>Policy Implication:</b> Adoption of worksite breastfeeding support policy Expansion of childcare physical activity ordinance</p>	
Strategies	Lead Agencies
Increase compliance with the Child Care Physical Activity ordinance in licensed childcare centers with the City of Fargo.	FCPH, CCA, Child Care Aware of ND
Expand the utilization of a childcare physical activity ordinance to other jurisdictions within Cass County.	FCPH, CCA
Increase the number of schools implementing strategies to implement school wellness policies.	FCPH, local schools

Identify and recruit schools interested in implementing strategies/principles from the USDA Smarter Lunchrooms Movement in their school cafeteria.	FCPH, CCA, Fargo and Cass County schools
Increase the number of local food concessions stands that provide healthy snacks and have adopted healthy policies.	FCPH, CCA
Support and participate in StreetsAlive! events each summer.	Great Rides, FCPH
Identify and recruit local worksites to adopt infant friendly policies	FCPH, identified worksites
Provide back-to-work consultation via telephone and on-line support for breastfeeding mothers planning to return to the workforce.	FCPH, local breastfeeding support groups
Network and collaborate with community partners to enhance/expand existing breastfeeding support programs and services for breastfeeding woman returning to the workforce.	FCPH, WIC, local breastfeeding groups
Increase the number of licensed child care facilities in Cass County that have written comprehensive breastfeeding support policies	Child Care Aware of ND, FCPH
<p><b>Evidence-Base Source:</b></p> <p>National Early Care and Education program standards for obesity prevention address nutrition, infant feeding, physical activity and screen time, <a href="#">Caring for Our Children: National Health and Safety Performance Standards (CFOC), 3rd ed.</a>  <a href="http://nrckids.org/default/assets/File/PreventingChildhoodObesity2nd.pdf">http://nrckids.org/default/assets/File/PreventingChildhoodObesity2nd.pdf</a>;</p> <p>School Health Guideline to Promote Healthy Eating and Physical Activity, <a href="#">Center for Disease Control and Prevention: Morbidity and Mortality Weekly Report, Sept. 16, 2011.</a>  <a href="http://www.cdc.gov/healthyschools/npao/pdf/mmwr-schoolhealth-guidelines.pdf">http://www.cdc.gov/healthyschools/npao/pdf/mmwr-schoolhealth-guidelines.pdf</a>.</p> <p>The Smart Food Choices: How to Implement Food Service Guidelines in Public Facilities  <a href="http://www.cdc.gov/obesity/downloads/smart-food-choices-how-to-implement-food-service-guidelines.pdf">http://www.cdc.gov/obesity/downloads/smart-food-choices-how-to-implement-food-service-guidelines.pdf</a></p> <p>Food and Nutrition Guidelines for Concessions, Vending Operations Health and Sustainability Guidelines for Federal Concessions and Vending Operations  <a href="http://www.cdc.gov/chronicdisease/pdf/guidelines_for_federal_concessions_and_vending_operations.pdf">http://www.cdc.gov/chronicdisease/pdf/guidelines_for_federal_concessions_and_vending_operations.pdf</a></p> <p>Strategies to Prevent Obesity and Other Chronic Diseases – The CDC Guide to Strategies to Support Breastfeeding Mothers and Babies: <a href="http://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PD">http://www.cdc.gov/breastfeeding/pdf/BF-Guide-508.PD</a></p> <p>Support for Breastfeeding in the Workplace; Develop corporate policies - page 23 The Business Case For Breastfeeding, Steps for Creating a Breastfeeding Friendly Worksite; U.S Department of Health and Human Services</p>	

## **Childhood Overweight/Obesity Participating Community Partners**

Alive! Team  
Build a Healthy Baby Project  
Cass County Social Services  
CassClayAlive! – Dakota Medical Foundation  
Child Care Aware of ND  
ChildCareAlive!  
City of Fargo  
Clay County Public Health  
Essentia Health  
Fargo Public Schools  
Fargo-Moorhead Area Breastfeeding Association (FMABA)  
FCPH Division of Environmental Health  
FCPH Division of Health Promotion  
FCPH Nurse Family Partnership Program  
FCPH Public Information Officer  
FCPH Woman, Infants and Children Program (WIC)  
Healthy North Dakota Worksite Wellness  
North Dakota State University Center of Child Development  
North Dakota State University Health Nutrition and Exercise Sciences  
North Dakota State University Master of Public Health Department  
PartnerSHIP 4 Health  
Rural Cass County Schools  
Sanford Health  
SchoolsAlive!  
TNT Kid's Fitness



## SUBSTANCE USE AND ABUSE

**Background:** The state of North Dakota and city of Fargo, located in Cass County, have experienced a drastic increase in opioid overdose deaths. From 2012-2015, 46 people died in Cass County because of an opiate overdose. In 2016, January through July, there have been 14 deaths. While there is much attention placed on the current opioid crisis, the misuse and abuse of alcohol continues to be our community's largest social issue.

**Goal: Reduce the impact of opioid use and misuse**

**Objective 1: Reduce opioid overdose fatalities**

**Performance Measures: Number of deaths as reported by Cass County coroner**

**Baseline 2016: 18 deaths**

**Target Goal: 0 deaths**

### Alignment with National and State Priorities

- National: Healthy People 2020 SA-12 Reduce drug induced deaths
- State: 2016-2021 North Dakota Department of Health Strategic Priority: Support children, families, and caregivers for improved behavioral health.

**Policy Implication:** Opportunity for revision of ND Good Samaritan Law, needle exchange programs, availability of naloxone, availability of medication-assisted treatment, funding opportunities for treatment.

Strategies	Lead Agencies
Support the development of a local coalition regarding addiction.	FCPH, community partners
Sponsor and support drug Take-Back events	FCPH, local law enforcement
Explore legislative changes regarding Good Samaritan Law	FCPH, law enforcement, State's Attorney office
Explore legislative changes regarding needle exchange program in ND	FCPH

<p>Increase the availability of Naloxone in the community, engage local pharmacies</p> <p>Increase the availability of medication assisted treatment for opioid addiction.</p> <p>Explore resources for medical detox in the community</p> <p>Develop a comprehensive clearing house of available resources with trained navigators to assist those in need of addiction services</p> <p>Develop a comprehensive public awareness campaign</p>	<p>FCPH, Fire, FM Ambulance, NDSU, local pharmacies</p> <p>FCPH, Sanford, Essentia, CMS, Cass County Jail</p> <p>Sanford, Essentia, FCPH, Clay County Public Health</p> <p>Village Family Service Center, First Link</p> <p>FCPH, Clay County public Health, media partners</p>
<p><b>Evidence-Base Source:</b></p> <p><a href="http://www.jhsph.edu/research/centers-and-institutes/center-for-drug-safety-and-effectiveness/research/prescription-opioids/JHSPH_OPIOID_EPIDEMIC_REPORT.pdf">http://www.jhsph.edu/research/centers-and-institutes/center-for-drug-safety-and-effectiveness/research/prescription-opioids/JHSPH_OPIOID_EPIDEMIC_REPORT.pdf</a></p> <p><a href="https://www.samhsa.gov/ebp-web-guide/substance-abuse-prevention">https://www.samhsa.gov/ebp-web-guide/substance-abuse-prevention</a></p> <p><a href="https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment">https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment</a></p> <p><a href="https://www.nd.gov/dhs/services/mentalhealth/index.html">https://www.nd.gov/dhs/services/mentalhealth/index.html</a></p>	

<b>Goal: Reduce the impact of alcohol use and abuse</b>	
<b>Objective 1: Reduce the incidence of underage drinking</b>	
<b>Performance Measures: Percent of high school students reporting using alcohol in the past 30 days per YRBS</b>	
<b>Baseline 2015 28.8%</b>	
<b>Target Goal: 23%</b>	
<b>Alignment with National and State Priorities</b> National: SA-14.4 Reduce the proportion of persons engaging in binge drinking during the past month—adolescents aged 12 to 17 years State: 2016-2021 North Dakota Department of Health Strategic Priority: Support children, families, and caregivers for improved behavioral health.	
<b>Policy Implication:</b> opportunity to consider Social Host ordinance, opportunity to revisit the established over-serving ordinance to make it enforceable.	
<b>Strategies</b>	<b>Lead Agencies</b>
Carry out alcohol compliance checks at establishments holding liquor license	FCPH, local law enforcement
Coordinate and offer Server Training classes	FCPH, local law enforcement
Promote “Parents Lead” throughout the community	FCPH
Participate in the NDSU President’s Council on Alcohol and other Drugs	NDSU, FCPH
Support the development of the Fargo Safe and Drug Free Community in collaboration with community partners	FCPH
<b>Evidence-Base Source:</b> <a href="https://store.samhsa.gov/product/Identifying-and-Selecting-Evidence-Based-Interventions-for-Substance-Abuse-Prevention/SMA09-4205">https://store.samhsa.gov/product/Identifying-and-Selecting-Evidence-Based-Interventions-for-Substance-Abuse-Prevention/SMA09-4205</a>  <a href="http://www.nrepp.samhsa.gov/">http://www.nrepp.samhsa.gov/</a>  <a href="http://www.drugabuse.gov/publications/drugfacts/lessons-prevention-research">http://www.drugabuse.gov/publications/drugfacts/lessons-prevention-research</a>  <a href="https://prevention.nd.gov/initiatives/preventing-underage-drinking">https://prevention.nd.gov/initiatives/preventing-underage-drinking</a>	

## **Substance Use and Abuse Participating Community Partners**

Essentia Health	Cass County Jail
Family members	Community Medical Services
NDSU	Dakota Medical Foundation
Fargo Cass Public Health	Southeast Human Services
Clay County Public Health	ReGroup
Fargo Schools	First Link
West Fargo Schools	FM Homeless Coalition
Moorhead Schools	Face It Together
Local private schools	North Dakota Dept of Human Services
Fargo Police Department	ND Legislators
West Fargo Police Department	Chamber of Commerce
Cass County Sheriff	Village Family Service Center
Fargo City Commission	Family HealthCare
Moorhead City Commission	FM Good Neighbors Project
First Step Recovery	Juvenile Court
NDSU School of Pharmacy	FM Ambulance
NDSU School of Nursing	Fargo Community Coalition
Prairie St. John's	ND US Attorney Office
Sanford Health	Blue Cross Blue Shield ND
ShareHouse	
Veteran's Administration	

## **Work Plans, Monitoring and Evaluation**

Each priority area of this plan is managed by a division within Fargo Cass Public Health. Work plans have been written for each identified area. This plan will be reviewed and updated on an annual basis. An annual written progress report will be completed for each identified priority area.

## Fargo/Moorhead/Cass/Clay Asset Mapping

Identified concern	Community resources that are available to address the need
Economics	<p><b>Affordable Housing resources:</b></p> <ul style="list-style-type: none"> <li>• Cass Co. Social Services (help w/utility costs) 701-241-5765</li> <li>• Down payment &amp; Closing Costs Assistance Program 1-800-292-8621</li> <li>• Wells Fargo Assist (to help those with payment challenges)</li> <li>• Home Key Program 701-238-8080</li> <li>• Housing Rehab Program 701-241-1474</li> <li>• Lake Agassiz Habitat for Humanity 218-284-5253</li> <li>• Presentation Partners in Housing 701-235-6861</li> <li>• ReStore (thrift store for construction, homes, etc.) 218-284-5253</li> <li>• Salvation Army (provides assistance with hsg.)&amp; utilities 701-232-5565</li> <li>• SENDCAA weatherization program &amp; low income hsg. 701-232-2452</li> <li>• Xcel Energy Share Program</li> <li>• 1-866-837-9762</li> <li>• YWCA Supportive &amp; Transitional Hsg 701-232-3449</li> </ul> <p><b>Subsidized public housing:</b></p> <ul style="list-style-type: none"> <li>• Cass Co. Housing Authority 701-282-3443</li> <li>• Fargo Housing &amp; Redevelop. Authority 701-293-6262</li> <li>• ND Housing &amp; Finance Agency 701-239-7255</li> <li>• Century Square 701-287-4775</li> <li>• Community Homes 701-293-6014</li> <li>• Lashkowitz High Rise 701-293-6262</li> <li>• New Horizons Manor 701-293-7870</li> <li>• Pioneer Manor 701-293-7870</li> <li>• River Square apts. 701-364-2620</li> <li>• The 400 701-232-9412</li> <li>• Trollwood Village 701-293-6843</li> <li>• University Drive Manor 701-232-4423</li> <li>• VA Housing for Homeless Vets 701-239-3700 ext. 9-3472</li> <li>• Windwood Townhomes 701-232-1887</li> <li>• Moorhead Public Housing 218-299-5458</li> <li>• Lakes &amp; Prairies Community Action Partnership 218-299-7314</li> <li>• Arbor Park Village 218-359-9999</li> <li>• Fieldcrest Townhomes 701-232-1887 (Metro Mgmt.</li> <li>• Parkview Terrace Apts. 218-233-8548</li> <li>• Riverview Heights 218-299-5458</li> </ul> <p><b>Homeless resources (Shelters/ Food Pantries):</b></p> <ul style="list-style-type: none"> <li>• Fraser, Ltd. Transitional Living/Emergency Shelter 701-356-8585</li> <li>• Gladys Ray 701-364-0116</li> <li>• New Life Center 701-235-4453</li> <li>• Youthworks (youth transitional housing) 701-232-8558</li> <li>• YWCA Women's Shelter 701-233-3449</li> <li>• Churches United (shelter, food baskets, meals) - 218-236-0372</li> <li>• Clay Co. Social Service Center 218-299-7057</li> <li>• Lakes &amp; Prairies CAP (transitional hsg. program) 218-299-7014</li> <li>• Motivation, Education &amp; Training (emergency shelter) 218-299-7262</li> <li>• Dorothy Day House (shelter, meals, food pantry) 218-285-8895</li> <li>• New Life Center (shelter &amp; meals) - 701-235-4453</li> <li>• Salvation Army (shelter &amp; meals) - 701-232-5565</li> <li>• Faith Home &amp; Love church 218-236-7692</li> <li>• Centro Cultural 218-236-7318</li> </ul>

Identified concern	Community resources that are available to address the need
Aging population	<p>Nursing Homes – Cass County:</p> <ul style="list-style-type: none"> <li>• Bethany 701-239-3000 / 701-478-8900 (2 locations)</li> <li>• Ecumen Evergreens – 701-239-4524</li> <li>• Edgewood Vista – 701-365-4742</li> <li>• Elim 701-271-1800</li> <li>• Eventide @ Sheyenne Crossings – 701-478-6000</li> <li>• Good Samaritan (Arthur) – 701-967-8316</li> <li>• ManorCare 701-237-3030</li> <li>• Maple View Memory Care – 701-478-8655</li> <li>• Prairie Villa (Arthur) – 701-967-8316</li> <li>• Rosewood 701-277-7999</li> <li>• Villa Maria 701-293-7750</li> </ul> <p>Nursing Homes – Clay Co:</p> <ul style="list-style-type: none"> <li>• Eventide 218-233-7608</li> <li>• Golden Living Center 218-233-7578</li> </ul> <p>Alzheimer's/Dementia resources:</p> <ul style="list-style-type: none"> <li>• After the Diagnosis Support Group – 701-277-9757 (Sanford)</li> <li>• Alzheimer's Support Group (Hjemkomst Center) – 701-277-9757</li> <li>• Early Onset Memory Loss Support Group – 701-277-9757</li> <li>• Morning Out (for those who have Alzheimer's or other dementia) – 218-233-7521</li> <li>• Alzheimer's Assn – 701-277-9757</li> <li>• Arbor Park Village – 218-359-9999</li> <li>• Eventide/Fairmont – 218-233-8022</li> <li>• River Pointe – 218-287-6900</li> <li>• Evergreens, Mhd. – 218-287-6900</li> <li>• Bethany – 701-239-3000</li> <li>• Edgewood Vista – 701-365-8200</li> <li>• Elim – 701-271-1800</li> <li>• Evergreens, Fargo – 701-239-4524</li> </ul> <p>Caregiver resources:</p> <ul style="list-style-type: none"> <li>• Community of Care (Casselton) – 701-347-0032</li> <li>• Caregiver Support &amp; Respite program – 1-800-488-4146</li> <li>• Caregivers Support Group – 701-261-3142</li> <li>• Caregiver Discussion Group – 218-233-7521</li> <li>• Mhd Caregiver Discussion Group – 218-233-7521</li> <li>• Rural Cass Caregivers – 877-815-8502</li> <li>• Support Group for Alzheimer's Caregivers (young onset) – 701-277-9757</li> <li>• Alzheimer's Support Group for those with family member in Eventide – 218-233-7508</li> <li>• Family Caregiver Support program – 701-298-4480</li> <li>• Hospice support for widows &amp; widowers – 701-356-1500</li> </ul> <p>Elder Abuse resources:</p> <ul style="list-style-type: none"> <li>• Adult Protective Services – Fargo - 701-241-5747</li> <li>• Adult Protective Services - Moorhead – 218-299-5200</li> <li>• Rape &amp; Abuse Center (Abuse in Later Life Advocate) – 701-293-7273</li> <li>• Clay Co. Elder Abuse Project – 218-299-7542</li> <li>• Protection &amp; Advocacy Project – 701-239-7222</li> <li>• Guardian &amp; Protective Services – 701-297-8988</li> </ul> <p>Resources to assist the elderly in staying in their homes:</p> <ul style="list-style-type: none"> <li>• Community of Care (Casselton) – 701-347-0032</li> <li>• Sanford Healthcare Accessories – 701-293-8211</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Sanford Home Care – 701-234-4900</li> <li>• Sanford Personal Care – 701-232-2452</li> <li>• Access – 218-233-3991</li> <li>• Care 2000 – 218-233-1000</li> <li>• Change is Good – 218-329-7442</li> <li>• Homewatch – 218-233-1667</li> <li>• LSS Caregiver Respite Services – 218-233-7521</li> <li>• Midwest Community Residential Services – 218-287-5422</li> <li>• Accent Multi Services – 701-293-6000</li> <li>• Active at Home Helpers – 701-200-4328</li> <li>• At Home Caregiver Services – 701-293-7294</li> <li>• Comfort Keepers – 701-237-0004</li> <li>• Community Living Services – 701-232-3133</li> <li>• C &amp; R Quality Living – 701-235-5744</li> <li>• Ebenezer Human Care – 701-412-5525</li> <li>• Heart 2 Heart – 701-200-7828</li> <li>• Sisters of Mary Home Care – 701-235-5750</li> <li>• Home Instead Home Care – 701-478-1010</li> <li>• Prairieland Home Care – 701-293-8172</li> <li>• Tami's Angels – 701-237-3415</li> <li>• Lincare – 701-235-0175</li> <li>• HERO – 701-212-1921</li> <li>• Coram Healthcare – 218-233-2210</li> <li>• Griswold Home Health – 218-639-4419</li> <li>• LSS Senior Companion Program – 701-271-3247</li> <li>• LSS Senior Nutrition Program – 218-233-7521</li> <li>• Meals on Wheels – 701-293-1440 (Fargo)</li> <li>• Meals on Wheels – 218-287-0434 (Mhd.)</li> <li>• Outreach Assistance – 701-293-1440</li> </ul>
	<p>Elderly Nutrition Services:</p> <ul style="list-style-type: none"> <li>• Cash Wise (grocery delivery)</li> <li>• Hornbachers (grocery delivery)</li> <li>• SunMart (grocery delivery)</li> <li>• LSS Senior Nutrition Program 218-233-7521</li> <li>• Meals on Wheels (Fargo, W Fargo &amp; Moorhead)</li> <li>• Congregate Meals (Fargo, W Fargo &amp; Moorhead)</li> </ul>
	<p>Elder Care (adult day care):</p> <ul style="list-style-type: none"> <li>• Bethany Day Services 701-239-3544</li> <li>• Cass Co. Social Services 701-241-5747</li> <li>• Home Instead Senior Care 701-478-1040</li> <li>• Johnson Elder Care Home 701-277-7195</li> <li>• Kinder-er Care Home 701-281-3016</li> <li>• Rainbow Square (adult daycare at Rosewood) 701-277-7999</li> <li>• Villa Maria Club Connection 701-293-7750</li> <li>• Adult Life Program 701-299-5600</li> <li>• Arbor Park 218-359-9999</li> <li>• Evergreens 218-233-1535</li> <li>• Fairmont Adult Day Care 218-233-8022</li> <li>• Four Seasons 218-359-9999</li> <li>• Home Appeal 218-227-5274</li> <li>• River Pointe 218-287-6900</li> </ul>

Identified concern	Community resources that are available to address the need
Children and Youth	<p>Resources for at risk children &amp; youth:</p> <ul style="list-style-type: none"> <li>• Center for Parenting &amp; Children 218-233-6258 (Moorhead); 701-235-6433 (Fargo)</li> <li>• Stepping Stones Resource Center 701-356-8585</li> <li>• Clay Co. Social Services 218-299-5200</li> <li>• Cass Co. Social Services 701-241-5761</li> <li>• Catholic Family Services 701-235-4457</li> <li>• Early Intervention Program</li> <li>• 218-284-3800</li> <li>• Follow Along Program 218-299-5200</li> <li>• Head Start 218-299-7002</li> <li>• Lutheran Social Services of MN 218-236-1494</li> <li>• Lutheran Social Services of ND 701-235-7341</li> <li>• Village Family Service Center 218-451-4900</li> <li>• Caring Program for Children 701-277-2227</li> <li>• Cass Co. Parenting, Children &amp; Family Resources 701-241-5765 / 241-5775</li> <li>• CHARISM 701-241-8570</li> <li>• Christian Family Life Services 701-237-4473</li> <li>• Family HealthCare Center 701-241-1360</li> <li>• Fargo Youth Commission 701-235-2147</li> <li>• Head Start 701-235-8931</li> <li>• Infant Development (SEHSC) 701-298-4471</li> <li>• Nokomis 701-232-5635</li> <li>• North Dakota Kids Count 701-231-5931</li> <li>• Right Tracks 701-793-3722</li> <li>• SENDCA 701-232-2452</li> <li>• Youthworks 701-232-8558</li> <li>• FirstLink – 701-293-6462</li> </ul> <p>Infant Child Care resources:</p> <ul style="list-style-type: none"> <li>• Child Care Resource &amp; Referral 218-299-7026</li> <li>• Child Care Assistance Program 701-328-2332</li> <li>• Child Care Aware 1-800-997-8515</li> <li>• Baby Bloomers 701-356-1299</li> <li>• Lots-4-Tots 701-235-5789</li> <li>• Tot Spot 701-232-6999</li> <li>• Hope Lutheran 701-235-6629</li> <li>• Children of Hope 701-936-9616</li> <li>• Cobber Kids' Corner 218-299-4204</li> <li>• Centered on Kids 218-284-2774</li> <li>• YMCA 701-293-9622</li> <li>• Our Redeemer 218-233-8270</li> <li>• ABC Sandcastle 701-293-0149</li> </ul> <p>Poverty resources:</p> <ul style="list-style-type: none"> <li>• Caring Closet (free clothes) 701-235-6848</li> <li>• Family HealthCare Center 701-241-1360</li> <li>• Clay Co. Social Services 218-299-5200</li> <li>• Cass Co. Social Services 701-241-5761</li> <li>• Lutheran Social Services of ND 701-235-7341</li> <li>• Lutheran Social Services of MN 218-236-1494</li> <li>• Village Family Service Center 218-451-4900</li> <li>• Lakes &amp; Prairies Community Action Partnership 218-299-7314</li> <li>• Child Care Assistance Program 701-328-2332</li> <li>• Homeless Shelters</li> <li>• Food Pantries</li> </ul>



Identified concern	Community resources that are available to address the need
Crime/Safety	<p>Cass County Sheriff 701-241-5800</p> <p>Clay County Sheriff 218-299-5151</p> <p>Fargo Police 701-235-4493</p> <p>Moorhead Police 218-299-5120</p> <p>ND Crime Victim &amp; Witness Assistance Program – 701-241-5850</p> <p>Child Abuse &amp; Neglect resources:</p> <ul style="list-style-type: none"> <li>• Sanford Child &amp; Adolescent Maltreatment Center – 701-234-4580</li> <li>• Red Flag Green Flag program – 701-293-7298</li> <li>• Protection &amp; Advocacy Project – 701-239-7222</li> <li>• *Guardian &amp; Protective Services – 701-297-8988</li> </ul> <p>Domestic Violence resources:</p> <ul style="list-style-type: none"> <li>• Rape &amp; Abuse Crisis Center</li> <li>• 701-293-7273</li> <li>• YWCA Shelter 701-232-3449</li> <li>• ND Victim Assistance Assn.</li> <li>• 701-241-5850</li> <li>• Migrant Health Hispanic Battered Women &amp; Children Program 218-236-6502</li> <li>• Community Health Services, Inc. Domestic Violence Community Advocacy Program 218-236-6502</li> <li>• Clay Co. Crime Victim Advocacy Program. 218-299-7513</li> <li>• Churches United 218-236-0372</li> <li>• Mujeres Unidas del Red River Valley 218-236-9884</li> </ul> <p>Alcohol abuse resources:</p> <ul style="list-style-type: none"> <li>• AA Red Road to Sobriety 701-298-8233</li> <li>• Alcoholics Anonymous (more than 50 groups in the area) 701-235-7335 / 701-232-9930</li> <li>• Celebrate Recovery 701-232-0003</li> <li>• Codependents Anonymous 701-235-73335</li> <li>• SMART Recovery 701-235-5229</li> <li>• ADAPT, Inc. 701-232-1225</li> <li>• Centre Inc. 701-237-9340</li> <li>• Chris Shiaro Counseling 701-271-0600</li> <li>• Cass Co. Public Health (detox) 701-364-0116</li> <li>• Claudia McGrath Counseling 701-277-0654</li> <li>• Dakota Foundation (detox) 701-223-4517</li> <li>• Discovery Counseling 701-237-4542</li> <li>• Drake Counseling 701-293-0736</li> <li>• VA Substance Abuse Treatment Program. 701-239-3700</li> <li>• First Step Recovery 701-293-3384</li> <li>• Lynn W. Olund DUI Seminar Program 701-298-3874</li> <li>• Pathways Counseling &amp; Recovery Center 701-232-5955</li> <li>• PSJ Dui Seminar 701-476-7200</li> <li>• ShareHouse 701-282-6561</li> <li>• Sister's Path 701-478-8440</li> <li>• Prairie St. Johns 701-476-7200</li> <li>• Simon Chemical Dependency Services 701-298-8108</li> <li>• SE Human Service Center 701-298-4500</li> </ul>

Identified concern	Community resources that are available to address the need
Cost/ Access to Healthcare	<p><b>Affordable health care resources:</b></p> <ul style="list-style-type: none"> <li>• Community Care/Charity Care programs at Sanford &amp; Essentia</li> <li>• Family HealthCare Center – 701-271-3344</li> <li>• Fargo Cass Public Health - 701-241-1360</li> <li>• Clay Co. Public Health – 218-299-5220</li> <li>• Prescription Assistance Program – 701-364-0398</li> <li>• Salvation Army prescription assistance program - 701-232-5565</li> </ul> <p><b>Reduced cost dental resources:</b></p> <ul style="list-style-type: none"> <li>• RRV Dental Access – 701-364-5364</li> <li>• Family HealthCare Center – 701-271-3344</li> <li>• Apple Tree Dental – Hawley -(218) 483-1038</li> </ul>
Physical Health	<p><b>Obesity resources</b></p> <ul style="list-style-type: none"> <li>• Sanford Dietitians</li> <li>• Sanford Eating Disorders &amp; Wt. Management Center – 701-234-4111</li> <li>• Eating Disorders Support Group – 701-234-4111</li> <li>• Gastric Bypass Support Group – 701-235-8502</li> <li>• Valley Fitness – 701-277-9010</li> <li>• Planet Fitness (Fargo) – 701-478-3300</li> <li>• Planet Fitness (Mhd) – 218-477-1955</li> <li>• Courts Plus – 701-237-4805</li> <li>• Core Fitness – 701-356-2044</li> <li>• Anytime Fitness (Fargo) – 701-566-8507</li> <li>• Anytime Fitness (Mhd) – 218-227-0010</li> <li>• 2020</li> <li>• Sanford Family Wellness Center – 701-234-2400</li> <li>• Touchmark Fitness – 701-526-1055</li> <li>• TNT Kids’ fitness – 701-365-8868</li> <li>• YMCA – 701-232-2547</li> <li>• Max Training – 701-359-0220</li> <li>• Metro Rec Center – 701-235-9211</li> </ul> <p><b>Farmers Markets:</b></p> <ul style="list-style-type: none"> <li>• Great Plains Community Farmers Market – 701-793-5532</li> <li>• New Festival – 7801-588-4316</li> <li>• Hildebrant’s – 701-281-1539</li> <li>• Farmer’s Market &amp; Beyond – 701-433-5360</li> <li>• Mhd Center Mall Market – 218-299-5296</li> <li>• Farmers Market &amp; Beyond – 701-433-5360</li> <li>• FM Farmers Market – 701-281-1539</li> <li>• Ladybug Acres produce stand – 701-799-3787</li> <li>• Red River Farmer’s Market – 701-491-8892</li> <li>• Sydney’s Health Market – 218-233-3310</li> <li>• Veggie Bus – 701-799-3787</li> <li>• Whistle Stop Farmers Market – 701-367-0490</li> <li>• Old Trail Market/Legacy Garden – 701-361-2111 or 701-361-3028</li> </ul> <p><b>Chronic Disease resources:</b></p> <ul style="list-style-type: none"> <li>• Sanford Dietitians</li> <li>• Sanford Better Choices, Better Health</li> <li>• Adult Connect Support Group (for epilepsy/seizure disorders) – 701-429-1165</li> <li>• Epilepsy Support Group – 701-232-8521</li> <li>• Parkinson’s Support Group – 701-365-8200</li> <li>• Young Onset Parkinson’s Support Group – 701-261-3142</li> <li>• FM Pelvic Pain Support Group – 218-790-0432</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Post-Polio Support Group – 701-232-8417</li> <li>• Hepatitis Support Group – 701-234-2353</li> <li>• Life Threatening Illness Support Group – 218-233-3875</li> <li>• HIV/AIDS Support Group – 218-287-4636</li> <li>• Huntington’s Disease Support Group – 701-492-3123</li> <li>• Fibromyalgia Support Group – 701-235-9359 (First Luth.)</li> <li>• Fibromyalgia Support Group – 701-799-4200 (Sanford)</li> <li>• American Chronic Pain Assn. support group – 701-280-2472</li> <li>• Chronic Pain Support Group- 701-234-6600 (Sanford)</li> <li>• Chronic Pain Support Group – 701-261-3142 (HeartSprings Community Healing Center)</li> <li>• Crohn’s &amp; Colitis Support Group – 701-388-4025 (Sanford)</li> <li>• Diabetes Support Group – 701-364-8900 (Essentia)</li> <li>• Diabetes Support Group – 701-234-2245 (Sanford)</li> <li>• American Diabetes Association – 701-235-3080</li> <li>• NDSU Extension “dining with diabetes” class – 701-231-8944</li> <li>• Celiac Support Group – 701-232-3896</li> <li>• Red River Celiacs – 701-235-6603</li> <li>• Multiple Sclerosis Support Group – 701-293-5605</li> <li>• Sleep Disorders Support Group – 218-233-7918 (Grace Methodist in Mhd.)</li> <li>• Sleep Disorders Support Group – 701-297-7540 (Benson Psych. Services, Fgo.)</li> <li>• Stroke Support Group (Essentia) – 701-364-7752</li> <li>• Stroke Support Group (Sanford) – 701-234-5770</li> <li>• FirstLink – 701-293-6462</li> </ul> <p>Cancer resources:</p> <ul style="list-style-type: none"> <li>• Sanford Roger Maris Cancer Center – 701-234-6161</li> <li>• Essentia Cancer Center – 701-364-8910</li> <li>• Atonement Cancer Care Support Group – 701-237-9651</li> <li>• Cancer Support Group – 218-236-1333</li> <li>• Us Too Support Group (for prostate cancer survivors) – 218-233-1176</li> <li>• Embrace Cancer Survivorship Program – 701-234-7463</li> <li>• American Cancer Society – 701-232-1385</li> </ul>
Mental Health/ Behavioral Health	<p>Mental Health resources:</p> <ul style="list-style-type: none"> <li>• Alzheimer’s Association – 701-277-9757</li> <li>• ARC of West Central MN – 218-233-5949</li> <li>• Catholic Family Services – 701-235-4457</li> <li>• CCRI – 218-236-6730</li> <li>• Clay Co. Public Health – 218-299-5220</li> <li>• Clay Co. Social Services – 218-299-5200</li> <li>• Community Outreach Ctr at MSUM – 218-477-2513</li> <li>• Crisis Responders – 800-223-4512</li> <li>• Drake Counseling Services – 701-293-5429</li> <li>• EAP in the workplace</li> <li>• Essentia (Fargo &amp; Mhd locations)</li> <li>• Fargo Cass Public Health – 701-241-1360</li> <li>• FirstLink – 701-293-6462</li> <li>• Human Service Associates – 218-291-1658</li> <li>• Lakeland Mental Health – 218-233-7524</li> <li>• Lutheran Social Services of MN – 218-236-1494</li> <li>• Lutheran Social Services of ND – 701-235-7341</li> <li>• Mental Health Association (Mental Health America) – 701-237-5871</li> <li>• Mobile Mental Health Crisis Team – 800-223-4512</li> <li>• Prairie St. John’s (Mhd Clinic) – 218-284-0300</li> <li>• Prairie St. John’s (Fargo clinic) – 701-476-7216</li> <li>• Rape &amp; Abuse Crisis Center – 701-293-7273</li> </ul>

Identified concern	Community resources that are available to address the need
	<ul style="list-style-type: none"> <li>• Safe Harbour – 218-287-2593</li> <li>• Sanford Health Behavioral Health – 701-234-6000</li> <li>• SE Mental Health – 701-298-4500</li> <li>• SENDCA – 701-232-2452</li> <li>• Social Connection – 218-284-6069</li> <li>• Solutions – 218-287-4338</li> <li>• Tran\$ Em (Transitional Supported Employment of MN) – 218-233-7438</li> <li>• VA – 701-239-3700 ext. 9-3150</li> <li>• Village Family Service Center – 701-451-4900</li> <li>• Vosburg Counseling for Seniors – 701-235-2092</li> </ul> <p>Substance Abuse/Addictions resources:</p> <ul style="list-style-type: none"> <li>• AA Club House – 701-232-9930</li> <li>• Anchorage, The – 218-287-1500</li> <li>• Centre Detox – 701-237-3341</li> <li>• Clay Co. Chemical Dependency Services – 218-299-5200</li> <li>• Clay County Detox – 218-299-5171</li> <li>• Clay Co. Public Health 218-299-5220</li> <li>• Clay Co. Social Services – 218-299-5200</li> <li>• First Step Recovery – 701-293-3384</li> <li>• Gamblers Choice – 701-235-7341</li> <li>• Gambling Problem Hotline – 800-472-2911</li> <li>• Lost &amp; Found Ministry/ Recovery Worship – 218-287-2089</li> <li>• Prairie St. John's (Mhd Clinic) – 218-284-0300</li> <li>• Prairie St. John's (Fargo clinic) – 701-476-7216</li> <li>• Safe Harbour – 218-287-2593</li> <li>• Sharehouse Wellness Center – 218-233-6398</li> <li>• Prairie St. John's – 701-476-7216</li> <li>• SE Human Service Center – 701-298-4500</li> <li>• Sexaholics Anonymous – 701-235-5303</li> <li>• Sharehouse OP &amp; Residential Addiction Services – 701-282-6561</li> <li>• Simon Chemical Dependency Services – 701-298-8108</li> <li>• Sister's Path – 701-478-6562</li> <li>• VA – 701-239-3700</li> <li>• Village, The – 701-451-4900</li> </ul> <p>Smoking Cessation resources:</p> <ul style="list-style-type: none"> <li>• BAN Program (Break Away from Nicotine) – 701-476-4083 (City of Fargo program)</li> <li>• ND Quits (ND Dept. of Health) – 701-214-4170</li> <li>• Sanford Health – 701-234-5191 (tobacco cessation counselor)</li> <li>• Sanford Health – 701-234-6452 (tobacco &amp; asthma education)</li> <li>• Fargo Cass Public Health (health educator) – 701-241-1367</li> <li>• Essentia Health (tobacco treatment specialist) – 701-364-4524</li> </ul>
Preventive health	<p>Sanford Clinics – 701-234-2000</p> <p>Essentia Clinics – 701-364-8000</p> <p>Family HealthCare Center – 701-271-3344</p> <p>Fargo Cass Public Health – 701-241-1383</p> <p>Clay Co. Public Health – 218-299-7777</p>